

SLPCR

H O C K E Y

Summer Training Program

June 2 - July 30

Fogerty & CRIC

Programs:

- Squirt - **\$499**
- Pee wee - **\$499**
- Bantam - **\$499**
- High School - **\$750**

Led by SLPCR Boys Hockey Coaching Staff

- ✓ On-Ice Skill Development
- ✓ Strength Training (Bantam & HS)
- ✓ High School Scrimmages

***Program start dates vary by level.**

No sessions scheduled the week of July 6.

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H O C K E Y

High School STP/ Grades 10-12

Cost: \$750

Dates June 2 - July 30

Location: Fogerty Arena

On-Ice Training

Tuesday – 9:20 AM (Group 1)

Tuesday – 10:30 AM (Group 2)

Thursday – 9:20 AM (Group 1)

Thursday – 10:30 AM (Group 2)

**16 On-Ice Sessions
+ 6 Scrimmages**

**Strength Training
Workout Immediately After
Each Session**

**6 High School Scrimmages
Wednesdays at Fogerty Arena**

**Group assignments will be announced
prior to the first session.**

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H O C K E Y

High School Summer Scrimmages (High School Players Only)

June 10

Varsity – 4:20 PM - 5:20 PM

JV – 5:30 PM - 6:30 PM

June 17

Varsity – 4:20 PM - 5:20 PM

JV – 5:30 PM - 6:30 PM

June 24

Varsity – 4:20 PM - 5:20 PM

JV – 5:30 PM - 6:30 PM

July 15

Varsity – 4:20 PM - 5:20 PM

JV – 5:30 PM - 6:30 PM

July 22

Varsity – 4:20 PM - 5:20 PM

JV – 5:30 PM - 6:30 PM

July 29

Varsity – 4:20 PM - 5:20 PM

JV – 5:30 PM - 6:30 PM

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H O C K E Y

Bantam STP / Grades 8-9

Cost: \$499

Dates June 9 - July 30

Location: Fogerty Arena

On-Ice Training

Tuesday – 11:40 AM

Thursday – 11:40 AM

**14 On-Ice
Sessions +
Workouts**

Workout Immediately Following Each Session

Program Focus

- ✓ **Skating Mechanics & Edge Control**
- ✓ **Puck Skills & Shooting**
- ✓ **Small Area Competition**
- ✓ **Game Situational Awareness**

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H O C K E Y

PeeWee STP / Grades 6-7

Cost: \$499

Dates June 9 - July 30

Location: Coon Rapids Ice Center (CRIC)

On-Ice Training

Tuesday – 2:30 PM

Wednesday – 2:00 PM

14 On-Ice Sessions

Program Focus

- ✓ **Skating Mechanics & Edge Control**
- ✓ **Puck Skills & Shooting**
- ✓ **Small Area Competition**
- ✓ **Game Situational Awareness**

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H O C K E Y

Squirt STP / Grades 4-5

Cost: \$499

Dates June 9 - July 30

Location: Coon Rapids Ice Center (CRIC)

On-Ice Training

Tuesday – 3:40 PM

Wednesday – 3:10 PM

14 On-Ice Sessions

Program Focus

- ✓ **Skating Mechanics & Edge Control**
- ✓ **Puck Skills & Shooting**
- ✓ **Small Area Competition**
- ✓ **Game Situational Awareness**